

Free Flight

"Another kind of flight, a spiritual liberation." *



www.oasouthbay.org

◀ EVENTS ▶

ANOREXIC & BULIMIC WORKSHOP

Sunday, August 26th at 2 - 4:30pm

OA Office
20121 Ventura Blvd., #315
Woodland Hills, CA 91364

Contact: Linda S. (818) 802-0497 or
Alison M. (818) 983-2855

Suggested Donation: 7th tradition will be observed

ABC'S OF ABSTINENCE

Saturday, September 15th at 9am - 4pm

St. Peter's Episcopal Church
1648 W. 9th St.
San Pedro, CA 90732

Contact: Eileen C.D. (562) 212-9265 or
Val (310) 514-3025

Suggested Donation: \$15
(No one turned away for lack of funds)

175th SERENITY RETREAT

Friday, September 21st at 4pm -
Sunday, September 23rd at 1pm

Old Mission San Luis Rey Retreat Center
4050 Mission Avenue
Oceanside, CA 92057-6402

Contact: Regina E. (619) 952-3903
regina.eldred@gmail.com

www.oalaig.org/event/175th-serenity-retreat/

BODY IMAGE WORKSHOP

Saturday, October 6th at 9am - 12pm

American Martyrs Church
1431 Deegan Place
Manhattan Beach, CA 90266

Contact: Bearto M. (562) 843-2764 or
Eileen C.D. (562) 212-9265

Suggested Donation: \$5

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

STEP FOUR, COURAGE COURAGE TO CHANGE

How many times have I repeated the Serenity Prayer this week? Where did my thoughts linger? Sometimes my mind settled on the "things I cannot change" and sometimes on the "wisdom to know the difference." However, most often my thoughts were on "courage to change."

God, grant me the courage to be honest, to tell my family at the appropriate time how I feel. Do we agree to disagree?

God, grant me the courage to acknowledge another mess-up. Help me recognize that I am more than my mistakes.

God, grant me the courage to refuse to participate and to stick with my decision. Fear is at the root of my resistance to say no.

God, grant me the courage to be all that I can be. I thought I heard you leading, Lord, but uncertainty and doubt envelop me.

God, grant me the courage to speak up about injustice. Can I be the one dissenting vote and endure the disfavor of other board members?

God, grant me the courage to take loving action in silence without expecting kudos. I want to have a servant's heart.

God, grant me the ability to forgive as you forgive. I want to forgive even those who do not apologize or acknowledge their actions.

In my yesterdays, I said prayers. Today I have a personal relationship with God, and I pray.

Chicago Western Intergroup

Did you know?...

South Bay Intergroup of Overeaters Anonymous is part of Region 2

R2 Mission Statement

Region 2 exists to support individuals in need of recovery from compulsive eating (e.g., overeating, bulimia, anorexia) through empowering all groups within the region.

World Service Organization (WSO) is focusing on growing OA unity worldwide this year. Go to <https://oa.org>

Free Flight is FREE! OA South Bay Intergroup — Your rep picks up copies at the monthly intergroup meetings (3rd Saturday) so you can get them at your meeting. For extra issues, contact the Editor at editor@oasouthbay.org.

* *Alcoholics Anonymous*, p. 55 / Reprinted with permission of AA World Services, Inc.

REPRESENTATIVE MEETING

Attendees: Andrea (Chair/WVS Delegate 1), Danny (Vice Chair), Christina (Secretary), Michelle (Treasurer), Nancy (Parliamentarian), Ken (Outreach), Jane (Public Information), Betsy (Meeting Liaison), Diana (Young People Chair/WVS Delegate 3), Bearto (Special Events), (Vivian, Webmaster), and 18 meeting representatives.

Meeting called to order by Andrea, Chair, at 9:30 a.m. with the Serenity Prayer and OA Responsibility Pledge. Rep Meeting Minutes approved as amended. Quorum met.

COMMITTEE CHAIR AND COMMITTEE CHAIR REPORTS

Chair: Andrea noted the Free Flight is a team effort. Events or articles can be forwarded to Erica.

Vice Chair: Danny received a newcomer call & directed her to a meeting.

Treasurer: Michelle reported June ending balance, \$4,250.22, expenses, \$1,433.54; income, \$427.20. YTD income, \$5,610.35. The total budget for the year is \$11,300. We are about \$1,900-\$2,000 short of YTD. We received \$92.20 from the Writing Workshop donations. Will postpone ordering checks. Will discuss Sober Eating expenses with Bearto after meeting. Will pay Free Flight. She is available after the meeting if anyone is due reimbursement.

Parliamentarian: Nancy reported, for a change to Bylaws, it must be presented at one meeting and voted on no sooner than the next meeting and requires a 2/3 vote to pass. She passed a sign-up sheet for volunteers for a Bylaws Committee to work on proposed changes to Bylaws.

Outreach: Ken reported one call to hotline returned with a voicemail. Didn't follow up on textable phone number. Distributed San Fernando Intergroup event flyer.

Public Information: Jane reported receipt of an email from WSO regarding guidelines for OA events, health fair participation. Information available on oa.org in Guidelines. There's reduced cost literature available for events. Passed posters for public display to see how many she should get.

Special Events: Bearto distributed slips with SBI website for events flyers. It was clarified by a rep that the rooms for Body Image and 12th Step Within workshops have been booked. He suggested a 12-week workshop on the new 12&12 Workbook. The Fun & Games event is on Sponsorship Day. He suggested a Special Focus meeting in conjunction. Sought input regarding putting on events on weekdays (namely Weds).

Young People: Diana clarified "Young People" is 18-30(ish). Has ideas for a literature push, canvassing for health fairs, events, Zoom call meeting. Passed sign-up sheet for SBI YP Committee volunteers to bring back to meetings.

Meeting Liaison: Betsy reported 7 changes in meetings this month. Website is correct. Free Flight missed one change. New Thurs. 6 pm Hermosa Beach meeting is going well. Asked any meeting changes be directed to her and she will handle changing with WSO.

Delegates: Andrea (WVS delegate) asked for feedback regarding bariatric surgery audio. Discussion followed.

UNFINISHED BUSINESS:

1. Regarding uploading multiple forms to the SBI website vs. a sharepoint, there is already a "Resources" tab on the site for such forms. Webmaster decides what is appropriate/in good form for uploading to the site.

2. Outreach/Public Information being combined by WSO. Outreach is to members or potential members. Public Information is to professionals. Definitions in Bylaws read by Nancy. Outreach and PI officers described their experience and perspective. Tabled to next month.

The meeting was adjourned with the OA Promise at 10:31 a.m.

Next Meeting: Saturday, August 13th

VOLUNTEERS NEEDED!

Please contact Bearto, Special Events Chair, events@oasouthbay.org if you would like to help organize 2018 South Bay OA intergroup events.

ABSTINENT BIRTHDAY



Abstinence in OA is defined as refraining from compulsive eating and food behaviors while working toward or maintaining a healthy body weight.

Fred D. - July 25th - 36 Years
Wendy - July 14th - 9 Years

If you have an abstinent birthday, please send information to the editor

HELP FOR YOUNG PEOPLE!

Need to be with people your own age?

The SBI Young Person's meeting serves young people 18 - 35.

Tuesday @ 7:30pm

United Methodist Church
540 Main Street
El Segundo, CA 90245

Contact: Diana (310) 404-8330

SHARE YOUR RECOVERY!

Ongoing Service Opportunity

Speakers share for 15 minutes to a small group.

4th Monday of the month at 7:00pm

House of Hope
Women's Recovery House
235 W. 9th Street
San Pedro, CA 90731

Contact: Jane A. (714) 356-7352
publicinfo@oasouthbay.com

OA Helpline Contacts

(minimum abstinence six months; these individuals are available to help via phone or email)

| Name | Phone | Best Times | Email | Name | Phone | Best Times | Email |
|-------------|----------------|------------|--|------------|----------------|--------------|--|
| Denise D. | (310) 430-8873 | Anytime | evangdeni@aol.com | Laraine A. | (310) 547-0479 | Anytime | |
| Eda S. | (310) 833-3756 | 9am - 8pm | eda46@cox.net | Sabrina | (562) 743-7796 | | |
| Jennifer S. | | | jen.steffen777@gmail.com | Tom F. | (562) 464-7550 | 6am - 9:30pm | tjfirpo@verizon.net |
| Johanna | (562) 461-7636 | Anytime | - | Valerie S. | (310) 514-3025 | 9am - 9pm | pallev_12000@sbcglobal.net |

Helpline volunteers can make the difference for other compulsive eaters in and out of the program. If you have a minimum of six months of continuous abstinence in OA, you qualify to share your experience, strength & hope with someone in need of recovery. Please help carry the message! **Contact: editor@oasouthbay.org.**

◀ SAVE - THE - DATE ▶ FALL ASSEMBLY

Friday, November 2nd - Sunday, November 4th, 2018

Sheraton Fairplex Hotel & Conference Center
601 West McKinley Avenue
Pomona, CA 91768

Early Registration - \$40 (Until September 30th)

Contact: publications@oar2.org

NEW FREEDOM RETREAT

Friday, November 9th - Sunday, November 11th, 2018

Holy Spirit Retreat Center
4316 Lanai Road
Encino, CA 91436

Contact: Jennifer P. (310) 214-4933 ~ jennifer.pogue8@gmail.com
Or Loni G. (562) 431-7275 ~ lonig.woman@sbcgblb.net

◀ DONATIONS ▶

| Day | Location | Time | # | July |
|-----------|------------------|----------|-------|----------|
| Sunday | Torrance Del Amo | 11:00 AM | 7682 | \$49.80 |
| Monday | Manhattan Beach | 5:45 PM | 51470 | \$84.00 |
| Monday | Long Beach | 7:00 PM | 52590 | \$78.00 |
| Tuesday | Torrance | 7:30 PM | 15653 | \$66.00 |
| Wednesday | Manhattan Beach | 6:00 PM | 54374 | \$92.89 |
| Thursday | Long Beach | 6:00 AM | 56288 | \$82.80 |
| Saturday | Torrance | 8:30 AM | 12163 | \$60.00 |
| Saturday | Lakewood | 10:30 AM | 4950 | \$120.00 |
| Saturday | SBIG | 9:30 AM | N/A | \$63.00 |
| Other | Interest | | | \$0.19 |
| Other | Writing Workshop | | | \$92.20 |

TOTAL \$788.88

OA Information (310) 802-2001 / (562) 493-9030

South Bay Intergroup Service Board

| | | | |
|--------------------|-----------|--|----------------|
| Chair | Andrea | chair@oasouthbay.org | (562) 822-7882 |
| Vice Chair | Danny W. | vicechair@oasouthbay.org | (310) 527-1267 |
| Secretary | Christina | secretary@oasouthbay.org | (562) 481-5126 |
| Treasurer | Michelle | treasurer@oasouthbay.org | (310) 529-3796 |
| Parliamentarian | Nancy | parliamentarian@oasouthbay.org | (562) 706-3824 |
| Outreach | Ken | outreach@oasouthbay.org | (562) 881-0710 |
| Public Information | Jane A. | publicinfo@oasouthbay.org | (714) 356-7352 |
| Free Flight Editor | Erica | editor@oasouthbay.org | (424) 702-6671 |

Representatives/Delegates and Committee Chairs

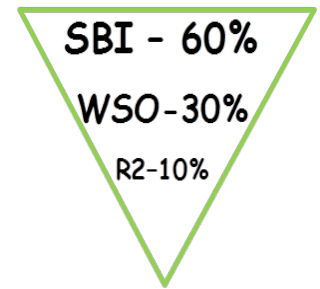
| | | | |
|-----------------|-------------|--|----------------|
| R2 Rep/WSD #1 | Andrea F. | andreafr18711@gmail.com | (562) 822-7882 |
| R2 Rep/WSD #2 | Eileen C.D. | ecdpopcorngirl@gmail.com | (562) 493-2920 |
| R2 Rep/WSD #3 | Diana F. | diana9289@gmail.com | (310) 404-8330 |
| Special Events | Bearto | events@oasouthbay.org | (562) 424-0831 |
| Meeting Liaison | Betsy H. | meetings@oasouthbay.com | (310) 850-4110 |
| Webmaster | Vivian | webmaster@oasouthbay.org | |
| Young People's | Diana F. | diana9289@gmail.com | (310) 404-8330 |

Meeting Treasurers

Please see diagram for suggested 7th Tradition Donations. Send Intergroup donations to:

South Bay Intergroup of OA
P. O. Box 918,
Harbor City, CA 90710

Please note meeting # on your check.



Thank you for your service!!

South Bay Intergroup Rep & Board Meetings

3rd Saturday of the month

Board Meeting 9 - 9:30 am

Rep Meeting 9:30 - 10:30 am

Location:

Alpert Jewish Community Center
3801 E. Willow St.
(By Lakewood Blvd.)
Long Beach, CA 90815
(562) 426-7601

Next meetings:

September 22nd*

October 20th

November 17th

* Meeting date change to the 4th Saturday of the month, to allow intergroup reps attend ABC's of Abstinence Workshop scheduled for Saturday, September 15th.

All are welcome!

Please share your opinion!



◀ S E P T E M B E R 2 0 1 8 ▶

DIRECTORY of South Bay Intergruop OA MEETINGS (Please call contact person listed to verify meeting information).

| DAY | TIME | CITY | LOCATION | CONTACT PERSON | MEETING CODE |
|------------------|----------|-----------------------|---|-----------------------------|----------------------------|
| Sunday | 1:00 AM | Torrance (07682) | Del Amo Hospital Conference Room, 23700 Camino Del Sol, 90505 | Toni T. (310) 376-8029 | P, Sp, WC |
| | 5:00 PM | Long Beach (27906) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall | Helen T. (562) 714-1463 | I, VR, WC |
| | 7:00 PM | Long Beach (40410) | Gloria Dei Lutheran Church, 5872 E. Naples Plaza, 90803, Parish Hall (South Side of Church) | Lori (562) 243-7939 | I, FT |
| Monday | 6:00 AM | Long Beach (53426) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge | Kristin (562) 208-2363 | I, BB, Wtg, WC, WS |
| | 5:45 PM | Manhattan Bch (51470) | Journey of Faith Christian Church, Harbor Bldg., 1243 Artesia Blvd., 90266, Rm: 301 | Christina B. (424) 254-9880 | I, Book, WS, WC |
| | 7:00 PM | Long Beach (52590) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge | Margie M. (562) 676-5497 | I, BB, P, WC |
| Tuesday | 1:00 AM | Torrance (19487) | First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4 | Wendy (310) 977-0537 | I, FT, VR, WC |
| | 5:30 PM | Torrance (48732) | First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4 | Betsy E. (310) 326-1527 | I, Book, WS, Wtg, WC |
| | 6:30 PM | Lakewood (15224) | West Lakewood Baptist Church, 5121 Hayter Avenue, 90712 | Margie M. (562) 676-5497 | C/C, P, SSI, WCL |
| Wednesday | 6:30 PM | El Segundo (56102) | United Methodist Church, 540 Main St., El Segundo, CA 90245 (Enter through Mariposa) | Diana F. (310) 404-8330 | YP, I, Book, P, SPI, WC |
| | 7:30 PM | Torrance (15653) | First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4 | Jennifer S. (310) 529-5708 | Book, C/C, P, WC |
| | 6:00 AM | Long Beach (52168) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge | Jon L. (562) 505-6380 | I, 11th Step, WC |
| Thursday | 6:00 PM | Long Beach (54517) | Intercity Fellowship Hall, 5881 Cherry Ave., 90805 | Sandy W. (562) 533-3987 | I, C/C, FT, P, WC |
| | 6:00 PM | Manhattan Bch (54374) | Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl. | Amber (310) 406-6808 | I, Sp I, Book, P, WC |
| | 7:00 PM | Inglewood (32469) | 1st Presbyterian Ch (Day Care - 1st Fl, Rm 1), 100 N. Hillcrest @ Queen St., 90301 (Use parking lot) | Bernice A. (323) 759-7610 | LAIG, P, Sp, S54 |
| Friday | 6:00 AM | San Pedro (53992) | St. Peters Episcopal Church, 1648 W. 9th St., 90732, Library (Park behind church) | Val S. (310) 514-3025 | I2&12, SS, Wtg, WC |
| | 6:00 AM | Long Beach (56288) | Christ Lutheran Church, 6500 E. Stearns St., 90815 | Eileen C.D. (562) 212-9265 | BB, WS, 11th Step, I2 & I2 |
| | 6:00 PM | Hermosa Bch (56466) | St. Cross Episcopal Church, 1818 Monterey Blvd, Bck Bldg, 2nd Fl, Rm 9 | Betsy H. (310) 850-4110 | I, Book, Wtg, C/C |
| Saturday | 6:30 PM | Long Beach (51287) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Social Hall | Vivian M. (562) 429-6161 | Step Study, WC |
| | 7:30 PM | Torrance (18913) | First Christian Church of Torrance, 2930 El Dorado St., 90503, Choir Rm | Gary (310) 372-9374 | ‡, I, I2&12, WC |
| | 6:00 AM | Long Beach (53893) | Christ Lutheran Church, 6500 E. Stearns St., 90815, Rm: Adult Lounge | Gregor (562) 822-1584 | I, 11th Step, WC |
| Sunday | 9:00 AM | Manhattan Bch (40803) | Manhattan Beach Community Church, 303 S. Peck Ave., 90266, Back building, 2nd Fl. | April W. (310) 376-8760 | I, Book, P, Sp I, Wtg, WC |
| | 10:30 AM | Lakewood (00399) | West Lakewood Baptist Church, 5121 Hayter Avenue, 90712 | Virginia C. (562) 424-4405 | Book, C/C, P, WC |
| | 7:30 PM | Long Beach (31477) | Belmont Heights Methodist Church, 317 Termino Ave., 90814, Church basement | Tom F. (562) 464-7550 | I, C/C, P, Sp I, WC |
| Monday | 8:00 AM | Seal Beach (07394) | Grace Community Church, 138 8th St. (At Central Ave.), 90740 | Christina (562) 481-5126 | OCIG, SS, WC |
| | 8:30 AM | Torrance (12163) | First Christian Church of Torrance, 2930 El Dorado St., 90503, Rm: 4 | Val S. (310) 514-3025 | P, Sp I, WC |
| | 10:30 AM | Lakewood (04950) | West Lakewood Baptist Church, 5121 Hayter Avenue, 90712 | Shelly M. (714) 308-3015 | P, Sp, WC |
| Tuesday | 10:30 AM | San Pedro (17667) | St. Peters Episcopal Church, 1648 W. 9th St., 90732 (Park behind church) | Kathy (310) 547-5669 | FT, VR, P, SSI, WC, ‡ |
| | 10:30 AM | Lakewood (48494) | Christ Presbyterian Church, 5225 Hayter Ave., Rm 2 West | Debbie W. (714) 488-6673 | I, Book, C/C, P, WC, ‡ |

- MEETING CODES -

| Code | Meaning | Code | Meaning | Code | Meaning |
|-------------|---------------------------------|------|------------------------------------|------|---|
| ‡ | Meeting Needs Support/Attendees | C/C | Chips &/or Candles Given | VR | Voices of Recovery Book |
| I | One Hour Meeting | CC | Child Care Available | WC | Wheelchair - Full Access |
| I 11th Step | Meditation | FT | For Today Book | WCL | Wheelchair - Access May Be Limited, Please Call |
| I2&12 | OA's I2/I2 | HOW | Honest, Openminded, Willingness | WS | Women's Stag |
| A/B | Anorexic/Bulimic Focus | LAIG | Los Angeles Intergruop | Wtg | Writing |
| BB | Big Book of AA | NC | Newcomers | YP | Young People |
| Book | Study Various Books | OA | Overaters Anonymous ("Brown Book") | | |

To add or update your local meeting on this list, please contact the Editor at editor@oasouthbay.org. Deadline: 1st Saturday of month. For meetings in other areas, visit OA.org.

SUBMISSIONS TO THE FREE FLIGHT SUBMITTED AFTER THE FIRST WEEK OF THE MONTH WILL BE POSTED THE FOLLOWING MONTH